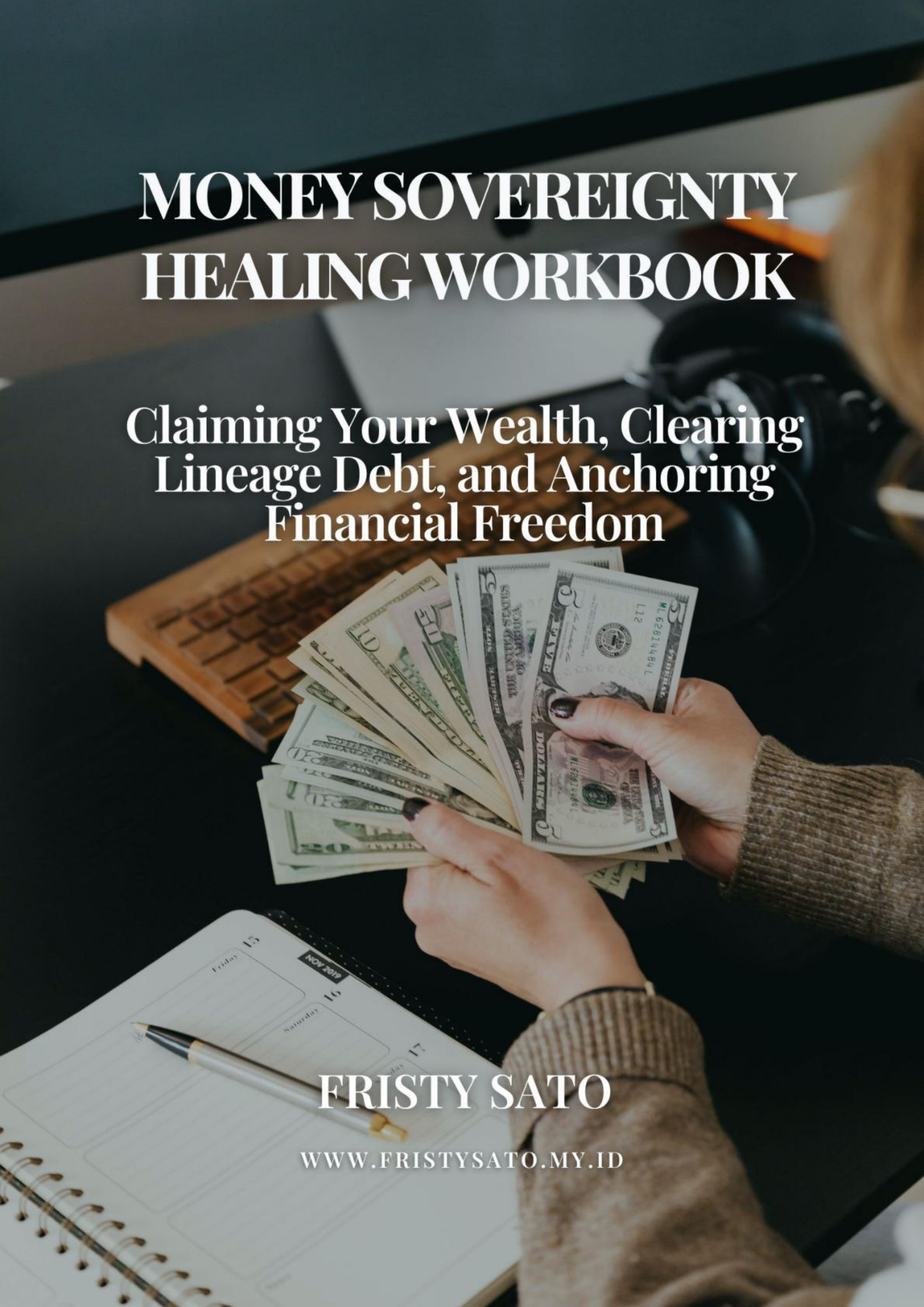
MONEY SOVEREIGNTY HEALING WORKBOOK

Claiming Your Wealth, Clearing Lineage Debt, and Anchoring Financial Freedom



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Money Sovereignty Healing Workbook

Claiming Your Wealth, Clearing Lineage Debt, and Anchoring Financial Freedom

Written by Fristy Sato

Divine Feminine Leadership Initiator

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Money Sovereignty Healing Workbook

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While the practices and information shared can be profoundly transformative, individual results may vary. It is always recommended to consult with qualified professionals for any health or well-being concerns. By engaging with this material, you acknowledge that you are responsible for your own well-being and choices.

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A Note from Fristy

Welcome, beautiful sovereign leader.

Fristy Sato here. For those who haven't met me yet—I'm a certified Life Coach in Neuro-Linguistic Programming, a Certified ThetaHealing® Practitioner, and a Certified Practitioner in Time Line Therapy®.

For years I believed achievement was the same as peace. I chased degrees, recognition, and a picture-perfect career abroad. On paper, I looked successful. Inside, I was exhausted and disconnected.

Through trauma-informed healing, inner-child work, and embodiment, I began leading from presence instead of perfection. That path became what I now call Divine Feminine Leadership—leading with intuition, clarity, and compassion, like a mother guiding life itself.

If you have achieved success but still feel a deep anxiety around money—especially when it comes to family, debt, or unfair obligation—you are not alone. You are carrying an **Inherited Money Contract.**

This workbook is your initiation into **Money Sovereignty.** This is the sacred journey of healing your lineage wounds, transforming the guilt that binds you, and anchoring a financial identity that serves your highest purpose, not your deepest fears.

We are moving you from the exhausting archetype of **ATM/Rescuer** to the magnetic power of the **Sovereign Wealth Creator.** Your money is yours to direct, invest, and enjoy—free from the silent, heavy expectation of others.

It's time for your wealth to reflect your truth.

Yours in sovereignty,

Fristy Sato | Divine Feminine Leadership Initiator
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1. Mapping the Inherited Money Contract

To claim sovereignty, you must first map the wound that binds you.

Journal Prompts: The Lineage Echo

“My earliest memory of money is…” (Focus on the feeling: fear, secrecy, shame, or obligation.)
“In my family lineage, money means…” (Write the underlying contract: power, debt, struggle, or a tool for control.)
“When I give money to family or partners out of obligation, I feel…” (Focus on the resentment, drain, or loss of self.)
“When I stop giving, the fear that grips me is…” (The fear of rejection, shame, or collapse.)
Write down the first memory you have of being treated like a **provider** (financial, emotional, or energetic), not a child.

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Write: **“When I give money to family, I feel…”** and complete with 5 words (e.g., *resentful, drained, obligated, loved, used*).
Now write: **“When I stop giving money, I fear…”** and complete with 5 words (e.g., *rejection, loneliness, collapse, shame, judgment*).

Exercise: Family Money Roles

1. Draw your immediate family as a circle. For each member, note their primary financial role: Do they **give, take, ignore, or enable** financial dysfunction?
2. How does the system respond when *you* attempt to say **No** or set a financial boundary?
3. **Insight:** This shows the system conditioning that fuels your wound.

Ritual: Clearing the Obligation

- Light a candle. On one paper, write your biggest money wound (e.g., *I am my family's ATM*). On another, write the money identity you desire (*Sovereign Wealth Creator*).
- Burn the wound paper, keep the desire paper on your altar.

Affirmation

“I am allowed to hold wealth without obligation. My money is mine to direct.”

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Reflection:

After your practice, take a moment to journal about your experience. Note any observations, challenges, or insights here.

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2. Anger Alchemy: Setting the Sacred Boundary

Your righteous anger is sacred fire. It is not destructive; it is wisdom showing you exactly where you need a fierce boundary against exploitation or unfair contracts.

Journal Prompts: The Wisdom of Betrayal

"The angriest I've ever felt about money was when…" (Identify the moment of greatest financial betrayal or disrespect.)
"My anger is telling me that I need…" (Listen for the clear boundary, the request for respect, or the call for honesty.)
"If I trusted my anger as wisdom, the immediate boundary I would set is…"

Exercise: Anger as Sacred Fuel

Write an unsent letter to the **Contract of Exploitation** (not to a specific person).

- Line 1: **"I feel angry because…"** (Let your rage flow unfiltered.)
- Line 2: **"What I needed was…"** (Identify the boundary that was violated.)
- Line 3: **"From now on, I will…"** (Anchor the clear boundary action.)
- **Action:** This turns suppressed rage into clarity and boundary action.

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Exercise: Boundary Script Practice

Stand in front of a mirror and say these truths aloud, repeating until your body feels **grounded and strong**, not shaky.

- **“I am not an ATM. I am a creator. I choose where my money flows.”**
- **“My money creates comfort for me, not exploitation by others.”**
- **“If I choose to give, it is a gift of my free will, not an obligation.”**

Practice: Releasing the Contract of Betrayal

- Write an unsent letter to **The Contract of Betrayal** or **The Energy of Exploitation.** Let your rage flow unfiltered, reclaiming your power.
- **Somatic Release:** Stomp your feet for 2 minutes, releasing betrayal and manipulation from your body.

Affirmation

“My anger is sacred fire. It clears space for respect and protects my wealth.”

Reflection:

After your practice, take a moment to journal about your experience. Note any observations, challenges, or insights here.

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3. Rewrite Limiting Beliefs

The provider Identity is held in place by limiting beliefs. We are auditing and replacing them with sovereign truths.

Exercise: Belief Audit

Old Limiting Belief	New Sovereign Truth
“If I am rich, my family will treat me like an ATM.”	“If I am rich, I create safe boundaries and teach others how to treat me.”
“If I have money, I will be miserable.”	“If I have money, I can be joyful, generous, and sovereign.”
“Contracts don’t matter in family, only love.”	“Clear contracts matter, and honoring them creates mutual respect.”

Action: Keep these where you see them daily to retrain your subconscious mind.

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4. Healing the Patriarchal Contract

The "Father Wound" often dictates our beliefs about fairness, worthiness, and structure in business.

Journal Prompts: Claiming Fairness and Authority

"My father (or masculine authority figures) taught me money is…" (Focus on the structure: *hard work, only for the deserving, a source of conflict.*)
"The moment I felt my worth or fairness was compromised by a masculine authority was…"
"I now choose to believe that money is…" (Anchor a truth of ease, flow, and fairness.)

Practice: Rewriting the Contract

- Close your eyes, visualize your younger self asking for **fairness and recognition** from your father/authority figure.
- **Rewrite his answer:** Give yourself the words of validation and justice you always needed.

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Affirmation

“I release unfair contracts and claim authority over my money. I am seen, respected, and paid fairly.”

Reflection:

After your practice, take a moment to journal about your experience. Note any observations, challenges, or insights.

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5. Healing the Guilt Contract

The "Mother Wound" often relates to guilt, sacrifice, and the belief that financial comfort must be accompanied by suffering.

Journal Prompts: Releasing the Guilt

"My mother (or feminine caregivers) modeled money as…" (Focus on the feeling: *a source of fear, a necessary evil, a tool for martyrdom*.)
"Her financial fear becomes mine when I…"
"I forgive the lineage contract, and I choose…" (Choose freedom and lightheartedness with money.)

Practice: Returning the Guilt

- Picture her shrinking into her younger, guilt-ridden self. Place her gently outside your energetic field.
- Say aloud: **"I see your guilt, and I choose to return it to you. I choose my freedom."**

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Affirmation

"I honor my mother, but I am not her. I live free of sacrifice and financial guilt."

The combination of these lineage contracts is the primary root of chronic money blocks. To fully dissolve these generational money wounds, **Visit our self-paced course, Divine Feminine Money Healing**.

Reflection:

After your practice, take a moment to journal about your experience. Note any observations, challenges, or insights here.

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6. Self-Nourishment: Reclaiming Your Wealth Energy

The provider identity steals your money energy for others. We are reclaiming it for self-comfort and joy.

Exercise: Build Your Own Pool (Reclaiming Joy)

- **Visualize:** Imagine a sacred financial structure built just for your joy and comfort (e.g., a rooftop retreat, a secure investment fund).
- **Journal:** Write: *"What would my sacred space/fund look like? Who is allowed to benefit? What feelings do I enjoy there?"*
- **Insight:** This is reclaiming your money energy for self-comfort, not others' exploitation.

The deep psychological blocks around feeling safe and worthy of wealth are rooted in the lineage.

Reflection:

After your practice, take a moment to journal about your experience. Note any observations, challenges, or insights here.

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7. ThetaHealing Subconscious Reset 1

We are commanding a reset of your deep subconscious beliefs about wealth and safety.

Theta Command Practice

- Close your eyes, drop into theta state (slow breathing, count down from 7).
- **Command 1:** "Creator, pull the belief that **'If I am rich, I will be treated like an ATM.'** Replace it with **'If I am rich, I am respected, supported, and free.'** Thank you, it is done."
- **Command 2:** "Creator, pull the belief that **'Money makes me miserable.'** Replace it with **'Money expands my joy, love, and creativity.'** Thank you, it is done."

Visualization

Imagine your own **rooftop pool** or **sacred space**—built from joy, not guilt. Swim in it, feeling financially free and fully supported.

Affirmation

"It is safe to be rich. It is joyful to be rich. My wealth is a blessing."

Reflection:

After your practice, take a moment to journal about your experience. Note any observations, challenges, or insights here.

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8. ThetaHealing Subconscious Reset 2

This is the energetic command to pull the ATM Identity from your subconscious.

Step 1. Connect & Command Release

1. Connect to Source: Say in your heart: “Creator of All That Is, take me to the highest vibration of truth and unconditional love.”

2. Command Release: Say aloud: “Creator, it is commanded to pull, resolve, and release all vows, contracts, and programs that make me believe I must be an ATM for my family, that money equals misery, that love means exploitation.”

3. See dark threads leaving your body, dissolving in pure light.

Step 2. Download New Beliefs

Say: “Creator, I command to download into every cell of my body: I know what it feels like to have money with joy, I know it is safe to have money, I know how to create wealth with freedom, I know how to be loved without being used, I know how to set boundaries without guilt, I know I am valuable for who I am, not for what I give.”

Step 3. Seal & Ground

Say: “Creator, thank you, it is done, it is done, it is done.” Visualize yourself standing in your sacred, self-built space—safe, beautiful, and financially free.

Reflection:

After your practice, take a moment to journal about your experience. Note any observations, challenges, or insights here.

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9. Sovereign Money Identity & Anchors

Your new financial reality requires a new identity and clear, sovereign structures.

Identity Shift

- **Old Archetype: ATM / Martyr / Rescuer** — *How do I behave when embodying this?*
- **New Archetype: Sovereign Wealth Creator** — *How will I behave differently (e.g., set firm boundaries, invest in joy, prioritize my vision)?*

Ritual: Money Altar

- Create a money altar: Place one note/coin only for **joyful spending.**
- Every week, spend that note only on joy (coffee, flowers, a small treat) to retrain your subconscious that money equals joy, not just bills.

Anchoring Boundaries

1. **Business:** Write your **Boundary Policy:** *"In business, I protect my money by [e.g., only accepting upfront payments, clearly stating late fees, refusing scope creep]."*
2. **Family/Friends:** Write your **Family Loan Policy:** *"With family, my rule is [e.g., no lending, gift only, strict repayment rules with a contract]."* Share with your partner: *"Our money is for our joy and future, not exploitation."*

Affirmation

"I embody Sovereign Wealth Creator. My money serves joy, respect, and freedom, not guilt."

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Reflection and Notes Section

This space is for you to jot down any thoughts, feelings, or insights that arise during your exercises. Reflect on your progress, challenges, and any shifts in your perspective towards self-love and loving kindness.

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Your Next Sacred Step

You've done the beautiful, deep work of confronting the **Money Sovereignty** challenge. You've anchored your new identity as the **Sovereign Wealth Creator.**

The final step is to translate this powerful internal shift into **tangible financial freedom.** This healing must be anchored in your subconscious mind and your bank account to be permanent.

Path A: Activate Your Financial Freedom Blueprint (Immediate Next Step)

If you are ready to move from recognizing these **money wounds** to *healing* the subconscious patterns that are blocking your wealth flow, the **Divine Feminine Money Healing** course is your immediate next step. This is the practical integration work.

Divine Feminine Money Healing: Unlocking Your Abundance Blueprint

- **Investment: $111**
- **Focus:** A self-paced online course to heal your subconscious money wounds and activate your embodied financial freedom.

Enroll Now in Divine Feminine Money Healing ($111)

Path B: The Highest Embodiment (Full Immersion)

If you have already cleared your core money wounds and are ready to anchor this spiritual wealth into your entire leadership legacy, the **THRIVE Feminine Leadership Immersion** is your invitation home. This is the highest-level energetic container for **sovereignty** and soul-led impact.

Apply Now for the THRIVE Feminine Leadership Immersion

Note: Only 5 spots are available per quarter.

I am holding the space for your arrival.

With love,

Fristy

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Get Your Free Gift!

Divine Feminine Wealth Activation

Your Clear Path to Reclaim Your Financial Flow and Manifest Sacred Prosperity.

This complimentary guidebook is your essential first step. It's designed to help you:

- **Pinpoint the invisible veils of scarcity** that may be holding you back.
- **Deconstruct inherited and learned patterns** that have unknowingly blocked your abundance flow.
- **Discover the true essence of Divine Feminine Wealth**—it's more than just money; it's a sacred energy for impact and purpose.
- Begin to **Transform your relationship with money** through grounded practices for financial safety and energetic boundaries.
- **Uncover your unique abundance blueprint** through powerful self-inquiry and actionable practices.

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You'll find that readers who engage with this "Divine Feminine Wealth Activation" workbook are able to implement these sacred teachings faster and take the next powerful steps needed to reclaim their financial flow and manifest sacred prosperity with ease.

This isn't just a download. It's an initiation. A clear invitation to begin your journey of unapologetic radiance and profound abundance.

Ready to Reclaim Your Abundance?

Get Your FREE "Divine Feminine Wealth Activation" Guidebook Now!

You can get your copy HERE.

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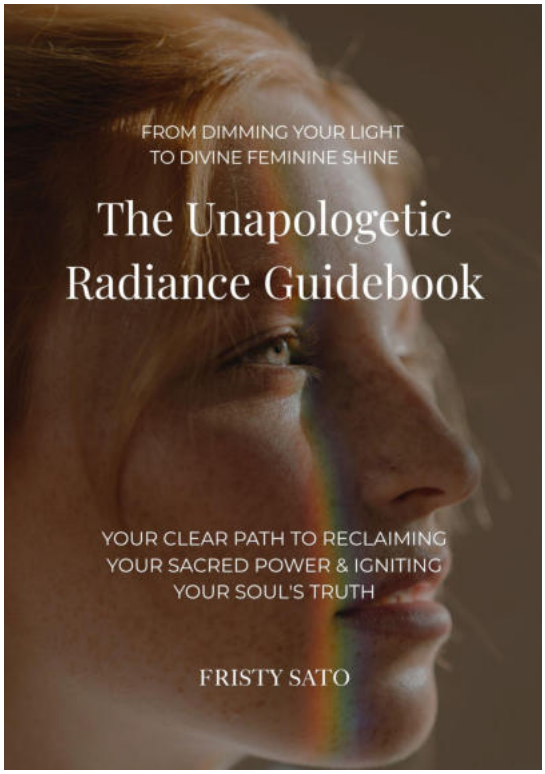
The Unapologetic Radiance Guidebook

Your Clear Path to Reclaiming Your Sacred Power & Igniting Your Soul's Truth.



This complimentary guidebook is your essential first step. It's designed to help you:

- **Pinpoint the invisible veils of fear and self-doubt** that may be subtly dimming your light.
- **Deconstruct inherited and learned patterns** that have unknowingly kept you playing small or seeking external validation.
- **Discover the true essence of Divine Feminine Radiance**—it's more than just being seen; it's a sacred frequency for impact and purpose.
- Begin to **Transform your relationship with visibility** through grounded practices for inner safety and energetic boundaries.
- **Uncover your unique radiance blueprint** through powerful self-inquiry and actionable practices.

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You'll find that readers who engage with "The Unapologetic Radiance Guidebook" are able to implement these sacred teachings faster and take the next powerful steps needed to reclaim their authentic presence and ignite their soul's truth with ease.

This isn't just a download. It's an initiation. A clear invitation to begin your journey of unapologetic radiance and profound self-expression.

Ready to Reclaim Your Radiance?

Get Your FREE "The Unapologetic Radiance Guidebook" Now!

You can get your copy HERE.

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A Note of Gratitude

This work wouldn't be possible without the wise women, spiritual teachers, and mystics who came before me. Their wisdom is what built the foundation of the **THRIVE Method**. I'm forever grateful for them.

To my own mentors, thank you for holding the space for my own journey and for always guiding me with a firm, loving hand.

Finally, to you, the reader—thank you. Thank you for being so brave and for showing up for yourself. The world is a better place because you're doing this work.

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About Fristy Sato

Fristy Sato is a Divine Feminine Leadership Activator, a guide for women who are ready to become leaders. She helps them tap into their feminine power and lead with confidence. Her work is a journey that helps women master their energy, heal from the past, and embrace who they truly are.

Fristy's goal is to help women move beyond pain and reclaim their power. She guides them toward a life of peace, prosperity, and clear purpose. She uses a kind, grounded, and empathetic approach, creating a safe and clear space for real transformation.

She helps women build unshakeable confidence that comes from within. Her programs aren't just courses; they're designed to help you remember your soul's deepest truth and give you a practical way to rise up and lead.

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Check Out My Books!

I've channeled more wisdom into these sacred offerings. These books are designed to meet you exactly where you are and guide you through the intricate layers of healing and alignment. They illuminate the next steps on your path to becoming the most authentic, radiant, and powerfully manifested version of yourself.

The Conscious Manifestation Journal: A Holistic Guide to Healing, Alignment & Manifesting Your True Desires

UNLOCK THE SECRET TO MANIFESTATION
THAT ALIGNS WITH YOUR SOUL'S PURPOSE
The
Conscious
Manifestation
Journal
This transformative journal blends manifestation techniques, subconscious healing, and structured goal-setting to help you turn your biggest dreams into reality—one aligned step at a time.
FRISTY SATO

You've tried manifestation. You've made vision boards. You've repeated affirmations. But something still feels off. This journal is your guide if you're ready to move beyond wishful thinking and into the deep, soul-aligned work of co-creation. It's for the leader ready to heal subconscious blocks, align with her soul's true mission, and manifest her biggest dreams into reality, one grounded step at a time.

Discover More and Purchase Your Copy HERE!

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What Readers Are Saying:

I've read countless books on manifestation—but nothing has felt as grounded, practical, and deeply transformational as The Conscious Manifestation Journal. Fristy Sato don't just repackage the usual "think positive" advice. Instead, they take you into the real work: healing, shadow integration, inner child connection, and actionable, aligned steps that actually move your life forward.

What makes this journal stand out is how holistic and structured it is. The project management-inspired tools helped me take vague dreams and turn them into clear, achievable goals. And the emotional healing work—especially the exercises on forgiveness, limiting beliefs, and self-sabotage—created shifts I've been trying to unlock for years.

I finally feel like I'm not trying to force the universe, but co-creating with it in a way that feels natural and true to who I really am. If you're tired of fluffy LOA advice and ready to align your desires with your soul's path—this is the journal you've been waiting for. Truly a sacred, empowering, and life-changing guide.

— Sarah., Life Coach

"Fristy's guidance has been a beacon. Her teachings on energetic sovereignty transformed my fear of visibility into a quiet confidence I never knew I possessed. I'm finally showing up in my business, unapologetically radiant."

— Evelyn., Manager

"I used to feel exhausted just thinking about my finances. After working with Fristy's methods, I feel a profound sense of ease and an almost magical flow of abundance. Her work is truly life-changing and deeply sacred."

— Erika., Healer

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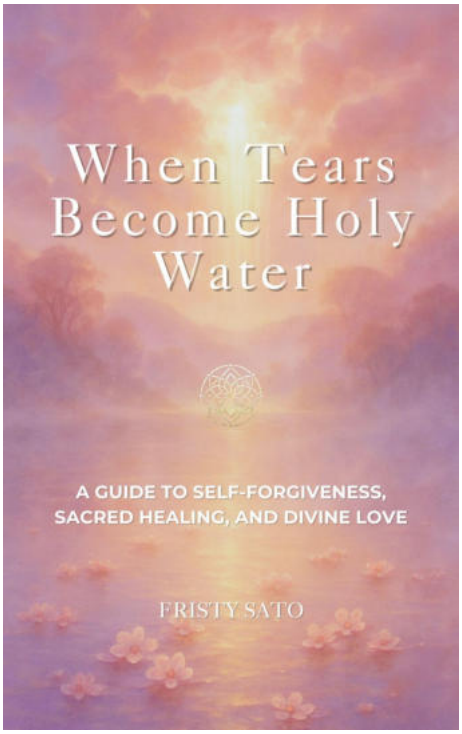
When Tears Become Holy Water: A Guide to Self-Forgiveness, Sacred Healing, and Divine Love



What if your tears weren't a sign of failure—but a sacred invitation back to yourself? If the journey of healing and self-compassion calls to you, this book is a profound companion. It's for the sensitive, introspective soul longing to reconnect with her inner child, release unspoken shame, and forgive herself, others, and even God. This is not a step-by-step guide to "fix" your life; it's an invitation to sit with your truth and find out it's still holy. Embrace a softer, embodied approach to healing and discover the grace that has always been holding you.

Discover More and Purchase Your Copy HERE!

What Readers Are Saying:

"As someone who has struggled with family wounds and spiritual confusion, I felt seen in every chapter. The three-act structure made it so easy to follow: forgiving God, forgiving myself, forgiving others. I've never read a book that so beautifully integrates personal story with spiritual practice. This is the book I'll be gifting to every woman I know."

— Sofia., Entrepreneur

This book found me exactly when I needed it. I didn't realize how much shame and guilt I was still carrying until I started reading When Tears Become Holy Water. Fristy's words felt

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like a hand on my heart. She doesn't just teach forgiveness—she lives it. This is more than a book. It's a healing experience. I cried, I journaled, and for the first time in years, I truly forgave myself.

— Sheena., Trauma Survivor & Meditation Student

I've read dozens of personal growth books, but none touched me like this one. Fristy writes with so much tenderness, wisdom, and depth. Her story is raw, relatable, and radiant. The mirror ritual alone changed my relationship with my inner child. If you're on a journey of healing, this book is your companion.

— Melissa R., Therapist & Energy Healer

Fristy writes with a voice that's both nurturing and powerful. She doesn't sugarcoat the healing journey, but she shows you how every tear is sacred. This book helped me forgive people I never thought I could—and most importantly, it helped me forgive myself. It's a must-read for anyone walking the path of spiritual growth and emotional freedom.

— Nina H., Spiritual Entrepreneur

I couldn't put this book down. Fristy's journey through rage, grief, and spiritual awakening is not just inspiring—it's transformative. I felt like I was sitting in a healing session just by reading. Her blend of journal reflections, meditations, and lived wisdom is unmatched. I'll be rereading this one for years to come.

— Jasmine A., Holistic Wellness Practitioner

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Your Path Forward

Connect with Fristy on Social Media:

Instagram: @fristysato

Medium: https://fristysato.medium.com/

LinkedIn: https://www.linkedin.com/in/fristysato/

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May your radiance shine forth with clarity and purpose. The world awaits your light.

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